There Are No Real Health Benefits Of Sweating

By Joachim Bartoll | Jan. 5th, 2025

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Once again we return to Ironmagazine and their clueless writer Matt Weik, likely one the absolute worst of the fitness-wannabe writers out there. In this recently published article he tackled sweating. Let's see how much he managed to get wrong this time.

> *"Have you ever noticed those beads of sweat dripping down your face after a workout? There are actual health benefits of sweating that not many people are aware of."*

Have I ever noticed that I have been sweating? Well, Matt, I think most people have experienced that, yes, unless they're rotting zombie vegan corpses.
As for health benefits, I'll get to that as soon as you start making an even bigger fool out of yourself.

> *"While many consider sweating to be uncomfortable, this natural bodily function is actually a testament to your body's remarkable self-care system that happens without you even needing to think about it."*

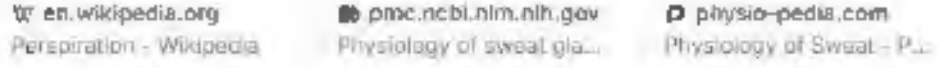
Uncomfortable? I do not think that your reader base are gender-confused and mentally-handicapped little snowflakes who dare not expose themselves to the sun or partake in anything physical and are afraid of a little perspiration.

And our body's remarkable self-care system? You mean involuntary functions regulated by the autonomic nervous system, like most processes in the body, as in breathing or keeping your blood flowing? Sheesh.

> *"As your sweat glands release their salt-based fluid, they are doing much more than just cooling you down. From regulating body temperature and detoxifying heavy metals to eliminating harmful chemicals and cleansing bacteria, sweating plays a vital role in maintaining your overall health."*

Actually, and this is basic-level biology and physiology, the body produces sweat continuously, but in very small quantities that are often not noticeable. This minimal sweating helps to maintain skin moisture and can play a role in assisting the excretion of waste products, however, its role in waste elimination is minor compared to other organs like the kidneys.
Thus, increased sweating has nothing to do with these other processes, such as detoxing and eliminating harmful compounds. Increased sweating is purely for body temperature regulation. But we'll get to all this as Matt digs an even deeper hole for himself.

According to biology and physiology, the body does produce small amounts of sweat continuously throughout the day, which can play a role in detoxification and bringing necessary compounds to the skin surface. However, this process is not noticeable and should not be confused with the **sweating that occurs during physical exertion or heat exposure**. The eccrine glands, which are the most numerous sweat glands in the body, are responsible for this continuous, low-volume secretion of sweat. This sweat is hypoosmotic relative to plasma, meaning it is less concentrated than the blood, and it helps regulate body temperature through evaporative cooling. The continuous production of sweat also contributes to maintaining skin hydration and potentially aids in the skin's defense against microbes. However, the primary function of sweating is thermoregulation, not detoxification.



According to the provided sources, **sweating does not significantly contribute to the detoxification of the body**. The primary organs responsible for detoxifying the body are the kidneys and liver, which eliminate most toxins through urine and feces. **Sweat glands do not adapt to increase the excretion rate of toxins**, and sweat composition is influenced by factors such as blood solute concentrations, sweat flow rate, and skin surface contamination.

Sweat primarily serves the function of heat dissipation for body temperature regulation. While sweat does contain trace amounts of toxins, these amounts are minimal, with less than 1% of toxins being eliminated through sweat. **The belief that sweating flushes toxins from the body is a misconception**. For instance, toxic metals are almost entirely excreted through urine or feces, with less than 1% being lost through sweat.

Therefore, **sweating does not increase the detoxification process of the body**, as this is an ongoing process managed by the kidneys and liver. Sweating is more about regulating body temperature rather than detoxifying the body.

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> *"So next time you feel that familiar dampness during exercise or on a warm day, remember that your body is working exactly as it should."*

For f**k's sake, Matt. I think most people know that sweating is natural in warm weather. Sheesh.

Matt, I added the word 'alleged' to your headline, and put "health benefits" in quotation marks to make it more truthful. You're welcome.

> *Sweating does more than just cool you down — it's your body's natural cleansing system. When you sweat, you release a mix of water and various substances like alcohol, cholesterol, and salt."*

Again, the natural and not even noticeable production of sweat assists in these 'cleansing' processes, but increased sweating that you refer to Matt, as in noticeable sweating, does not magically increase these other completely different bodily processes. Likely it's the opposite as the body has diverted its energy to keep the body cool, and thus detoxification and other processes are slowed down. So, to be truthful, it's the complete opposite of what you claim — the more you sweat, the less detoxification occurs.

According to biology and physiology, **the idea that sweating can significantly increase heavy metal detoxification is not entirely accurate.** While it is true that sweat can contain trace amounts of toxins, including heavy metals, **the process of detoxification is ongoing and primarily carried out by the liver and kidneys, not the sweat glands.**

And since you produce sweat and detox 24/7, as you begin to sweat more profusely, there will of course be traces of all these toxins that you have been eliminating as they are present on the skin surface and also in the pores, being flushed out and mixed with the sweat. However, this does not mean that detoxification and elimination increases with increased sweating — as it actually is the opposite.

Sweat Composition: Sweat is primarily composed of water, with small amounts of minerals like sodium and calcium, as well as other substances such as proteins, lactic acid, and urea. The presence of heavy metals in sweat is more a reflection of the body's ongoing detoxification processes rather than an indication that sweating is an effective means of removing these toxins.

During heat stress or exercise in hot environments, the body prioritizes thermoregulation over other functions. This can lead to a reduction in blood flow to non-essential organs and a decrease in the effectiveness of certain metabolic processes, including detoxification. The body's primary cardiovascular challenge is to provide sufficient blood flow to both exercising skeletal muscle and the skin to dissipate heat. As a result, the core-to-skin temperature gradient becomes less pronounced, necessitating higher skin blood flow to maintain thermal balance.

Detoxification, which primarily occurs in the liver and kidneys, may be temporarily slowed down **due to the body's allocation of resources to thermoregulation.** This reallocation can reduce the portion of cardiac output perfusing the liver and kidneys, potentially slowing down detoxification processes. However, once the body cools down, these functions typically return to normal.

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And alcohol? What is with this obsession amongst disinformation agents and shills with everyone being a potential alcoholic? If you have not consumed alcohol, there will be no alcohol in your sweat. Also, if you're stupid and drink that poison, the body eliminates most of the alcohol consumed through the liver, with only a small percentage excreted through urine, sweat, and breath.

And cholesterol? This essential nutrient is needed for all our healing processes, including detoxification and to keep the cells healthy, so there will always be various amounts of cholesterol present in the bloodstream depending on how much is needed for cellular repair and maintenance. You do not want to eliminate any cholesterol ever, that would be insane.
Thus, there will always be a small amount of cholesterol in our natural sweat as it is needed for the cells in the skin. Sheesh.

> *"This process helps unclog your pores and flush out unwanted compounds that build up in your body. After exercise, your open pores and active sweat*

> *glands work together to help cleanse your system."*

As I said, this process is ongoing 24/7. It does not increase because of sweating, just the opposite. And your pores can only become "clogged" if you shower or bathe every day or several days a week which kills a lot of cells forming waste and debris while forcing your skin to overproduce its essential oils to keep up with your idiotic activities of washing it away and drying out the skin.

According to biology and physiology, showering or bathing frequently can have negative effects on the skin. When skin cells absorb water, they can become oversaturated, leading to cell death and debris. This process can be exacerbated by the fact that water washes away the natural protective oils produced by the body. As a result, the body must compensate by producing more oil, which can lead to clogged pores.

> *Research has particularly focused on two major chemical groups: BPA and PCBs. However, sweating shows limitations with certain common PCBs. The research found that the most prevalent perfluorinated compounds in human bodies resist removal through sweat, including three major types: perfluorohexane sulfonate (PFHxS), perfluorooctanoic acid (PFOA), and perfluorooctane sulfonate (PFOS)."*

Matt, you do realize that this should have been in your first "point," that of detoxification, right?
And yes, our body's ability to detoxify and eliminate perfluorohexane sulfonate (PFHxS), perfluorooctanoic acid (PFOA), and perfluorooctane sulfonate (PFOS) is limited due to their stable chemical structure, which makes them resistant to degradation.

With that said, they are slowly eliminated through the skin assisted by our natural 24/7 production of sweat. However, it's the detoxification processes that are crucial for their removal, and these processes are dependent on your nutrient status and also works best when you're in a fasted state, especially while sleeping. So, to be able to detoxify these chemicals you need to follow our natural animal-based diet and make sure to be in a fasted state before going to bed, as in having

your last meal 4 to 6 hours before bedtime. Also, some regular prolonged fasting will help with detoxing.

Nutrient Deficiencies Impair Detox

According to biology, physiology, and biochemistry, **inadequate nutrient intake can compromise the body's natural detoxification processes.** This occurs because detoxification pathways, such as phase I and II enzyme reactions, rely on essential nutrients like vitamins, minerals, and amino acids.

Synergistic Effects

The combination of sleep and fasting during the night creates a synergistic effect, amplifying the body's natural detoxification and tissue healing processes. This is particularly important for maintaining overall health and preventing chronic diseases, as it allows the body to:

- **Remove accumulated toxins**: Sleep-fasted detoxification helps eliminate toxins that can accumulate during the day, reducing oxidative stress and inflammation.
- **Promote tissue regeneration**: Fasted sleep supports the repair and regeneration of damaged tissues, maintaining tissue integrity and function.

Again, increasing perspiration will do nothing for any kind of detoxification, only the opposite. And even more so if it is perspiration from exercise, as exercise is extreme stress to the body, so the body will divert all its resources to the muscular system as well as trying to keep you cool through sweating, which means that other processes such as detoxification is pretty much shut down. Again, very simple physiology.

During intense exercise, the body's resources are redirected to support the increased energy demands of the muscles. This can lead to a temporary decrease in the allocation of resources to other processes, such as detoxification

> *When you exercise, the resulting sweat doesn't just leave your skin glistening — it also promotes a healthy, radiant glow from within. The increased blood flow that accompanies physical activity delivers oxygen and essential nutrients to nourish your skin cells.*

> *This improved circulation not only moisturizes the skin's surface, giving it a dewy appearance, but also supports the underlying processes that keep your complexion looking its best."*

No. The skin receives oxygen and nutrients through the capillaries, which are tiny blood vessels that supply the skin with the necessary components for maintenance and function. This process is continuous all through life and not directly dependent on sweating.

In summary, sweating is an essential physiological process for thermoregulation, but **it does not significantly contribute to the delivery of oxygen and nutrients to the skin**. The skin's nutritional needs are met through the bloodstream, and sweating is primarily focused on regulating body temperature.

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Actually, excessive sweating in warm environments, due to the continuous evaporation of moisture from the skin, can lead to the skin drying out; as the skin will lose essential electrolytes (which are crucial for maintaining the skin's hydration and barrier function) and its natural oils.
So, if you sweat a lot, you will get the exact opposite effect, the same effect you get from showering or bathing, accelerating the aging of your skin.

In addition, **the continuous evaporation of sweat can strip the skin of its natural oils and moisture, leading to dryness**. This is particularly noticeable in areas with a high concentration of sweat glands, such as the palms and soles of the feet, and the armpits. People with hyperhidrosis, a condition characterized by excessive sweating, are more prone to experiencing skin dryness and irritation due to this mechanism.

Therefore, while sweating is a vital physiological process for thermoregulation, **excessive sweating can indeed lead to skin drying out if not managed properly**.

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> *When you sweat, your body releases salt while also helping to retain more calcium within your bones. This dual mechanism prevents the buildup of salt and calcium in your kidneys and urine, which are the primary contributors to painful kidney stone formation."*

No. Kidney stones form due to a complex biochemical process that involves the supersaturation of urine with certain inorganic minerals and organic compounds. If you for some reason consume minerals from plant-based items or from supplements, most of these inorganic minerals will not be converted and used by the body, and these, especially calcium, can form plaque and even kidney stones, especially in contact with plant-based antinutrients and defense chemicals such as oxalates. These are known as calcium oxalate stones and are the most common type. Also, the calcium that our bodies release to maintain a proper balance of calcium in the blood is organic and can never form plaque or kidney stones, only inorganic compounds that have not been converted, as from plants, can harm the body.

Also, sweating actually leads to less urine production, which can increase the concentration of minerals in the urine, potentially contributing to the formation of kidney stones. Even if you drink water while you are sweating, you need the electrolytes to keep up proper hydration levels, and most people only drink plain water, which will not help at all.

According to biology, physiology, and biochemistry, **sweating actually leads to less urine production, which can increase the concentration of minerals in the urine, potentially contributing to the formation of kidney stones.** Kidney stones are formed when substances normally dissolved in urine, such as **calcium, oxalate, and phosphate**, become too concentrated and crystallize.

The formation of kidney stones is indeed related to the concentration of inorganic minerals and plant compounds, such as oxalates, in the urine, as well as the pH level of the urine. Low urinary citrate levels or excessive urinary acidity can also contribute to the development of kidney stones.

Matt, you are so out of your depth once again it's embarrassing.

Kidney stones form from inorganic minerals, not from the organic calcium that the body releases when needed. The minerals that contribute to kidney stone formation are typically inorganic forms of calcium, oxalate, urate, cystine, xanthine, and phosphate. These inorganic minerals can accumulate in the urine and under certain conditions, such as dehydration or an imbalance in urine composition, they can crystallize and combine to form kidney stones. The organic calcium that the body uses for various physiological processes does not directly contribute to the formation of kidney stones.

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> *According to experts, the rise in brain stem temperature triggered by sweating leads to increased relaxation and reduced anxiety. This is partly due to the release of feel-good chemicals like serotonin and dopamine. So, for those seeking an extra mood boost, dialing up the intensity of your workouts to get sweatier could be worthwhile."*

No Matt, you imbecile. "Brain stem temperature triggered by sweating"? Are you that retarded? Brain stem temperature goes up as your body temperature goes up. It has nothing to do with sweating, which is the body's process of lowering your body temperature. Sheesh.

According to biology and physiology, as body temperature increases from heat or exercise, brain temperature also tends to rise. This is because the brain has high levels of metabolic activity, and all energy used for brain metabolism is ultimately transformed into heat. When the body temperature rises, the hypothalamus, located in the brain, acts as a thermostat to regulate the body's core temperature. It initiates physiological responses to dissipate the excess heat, such as increasing blood flow to the skin and initiating sweating.

And physical exercise is stress, as in a stress response, which will release hormones and influence these neurotransmitters. Also a raise in body temperature, and thus a raise in brain stem temperature can also influence these neurotransmitters, but that has very little to do with sweating.

When the body temperature rises, it can stimulate the brain stem, leading to the release of these neurotransmitters. Exercise is a well-known stimulator of this process, as physical activity can increase body temperature and promote the release of serotonin and dopamine. These neurotransmitters play crucial roles in regulating mood, motivation, and other physiological processes.

It's essential to note that sweating is a mechanism to cool the body down, usually in response to elevated body temperature. While sweating can be associated with exercise and increased body temperature, it is not the primary cause of the release of serotonin and dopamine. The relationship between body temperature, exercise, and neurotransmitter release is complex and involves multiple physiological pathways.

> *Sweating can actually help in fighting off harmful pathogens, including tuberculosis germs. Sweat contains antimicrobial peptides that effectively target viruses, bacteria, and fungi. These peptides, being positively charged, attract and break down negatively charged bacteria by entering their membranes."*

As you've clearly never studied biology and microbiology, please do not use words you do not understand. Viruses do not exist, the retarded germ theory has been debunked countless of times during the last 150 years and it's also common sense. And bacteria and fungi are essential to life. They assist in breaking down toxins and cellular debris. If you, for example, have an overgrowth of fungi, it's not a problem of fungi as they are only doing their job, what they are supposed to do, it's a problem of toxicity. Remove the toxic offenders and the fungi will die off as they have nothing to feed on.

And antimicrobial substances and sebum are produced in the skin all the time, and not a result of sweating. These substances are excreted to keep a balance of bacteria and fungi and try to prevent overgrowth, as it's not natural to consume plant-based and/or processed food and detoxify as much as we do through the skin. Too much bacteria or fungi could harm healthy cells as they can interfere with supply of nutrients and upset the balance of the natural moisturizing oils.

And again, excessive sweating will remove some of these protective oils, which will actually decrease the skin's defense against chemicals and other toxic compounds — and can throw off the balance of bacteria and fungi. This is why it's so common with skin issues among those who consume a bad diet and/or shower daily and use toxic lotions and such.

In summary, **the skin's protective oils and sweat do contain antimicrobial substances that help to fight against pathogens**. However, the relationship between sweating and the skin's antimicrobial properties is complex, and more research is needed to fully understand the mechanisms involved.

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It's worth noting that the skin's natural defense mechanisms can be influenced by various factors, such as the skin's pH, temperature, and moisture levels. Additionally, certain conditions, such as hyperhidrosis (excessive sweating), can affect the skin's ability to regulate its antimicrobial properties.

Also, before we finish, while there's no benefits of sweating, it's not a problem to sweat for a few hours every now and then, or even daily. However, excessive sweating for several hours, especially if repeated often, could pose problems as described in this article. Still, it's not as bad as showering or bathing (especially in warm or hot water,) which you should only do if you're visibly dirty or been exposed to a lot of smoke or anything toxic. Otherwise, to keep your skin as healthy and young as possible, you should only clean yourself with a cloth, and mostly the armpits and your private parts.

And that was it for Matt's article; and once again, he did not get one single thing right. But hopefully, I could add a few interesting tidbits that you might not have previously known — or at least provide a few laughs with my not so politically correct writing style.

See you all in the next one.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

And if you found the article and my insights helpful and enjoy my daily free information, please consider donating to help pay the webhosting bills and keep the site running. And if you're interested in discussing and sharing information with likeminded people, consider joining our uncensored community at Ungovernable.se. Thank you!

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